

## Sputum Specimen Collection Information

*It is important that sputum from deep in your lungs and not saliva from your mouth, is coughed up.*

**To help you with this please read the following information before you commence:**

1. A morning sample when you first arise is best as there is the most sputum pooled in the lungs at that time.
2. Remove the top from the specimen container and hold the container ready to cough into.
3. Cough deeply from the lungs and expectorate (spit sputum) into the container.
4. It may be easier if you lie across the bed, face down with your head and chest over the edge. Take 3 deep breaths and then cough several times directly into the container. Breathe normally for 2 minutes and then repeat the deep breaths and coughing.
5. Screw the lid on the container, and take the container and request form to the Specimen Collection Centre. Please ensure that you write your name, date and time of collection on the container label.